

February 2017

The Sunnysider

www.sunnysidecare.ca



Feel the RUSH
Friday!!

*Proudly wear your Bright Green or Black colours
Or genuine RUSH wear ... on these special Fridays!
Then enter to win Great Rush gear!
Support the TWO time NLL Champs!*

- Friday, January 20
- Friday, January 27
- Friday, February 17
- Friday, Feb. 24
- Friday, March 10
- Friday, March 24
- Friday, April 7
- Friday, April 14
- Friday, April 21



Canada turns 150 this year to celebrate we will be featuring a province each month on our

Big Board
CANADA 150
1867-2017

Please Consider Volunteering

- ◆ I need help to the dining room and assistance with my meals.
- ◆ I love having my nails done.
- ◆ If you have a musical talent, I would love to hear you play or sing.
- ◆ I enjoy playing Bingo, but I need a little help.
- ◆ A visit would be nice.
- ◆ If you would like to help with any of these activities, please contact the volunteer coordinator,

Linda Doucette at 306-653-1267
ext. 140. Thanks.

Upcoming Events February 2017

- ◆ Thursday Feb. 9 Catholic Mass
- ◆ Tuesday Feb. 14 Supper Club
- ◆ Wednesday Feb. 15 Birthday Party.
- ◆ Monday Feb. 20 Family Day No Programs.
- ◆ Thursday Feb. 23 Blues Fest. Music by Kelly Read
- ◆ Friday Feb. 24 Pancake Breakfast 7:30am—10am

"Caring for our Community as Christ would"

It's been an active month in health care so I am writing about several important items:

Consolidating of Health Regions from twelve to one

Early in January the Minister of Health announced that Saskatchewan would begin the process of consolidating all twelve Health Regions into one Health Authority.

Beth Vachon, President and CEO of Cypress Health Region has been asked to lead the transition to a single health authority. Beth is pulling a team of people together from the health system to plan the provincial transition. We will receive ongoing announcements from her team in the months ahead. The government would like the new health authority structure in place this fall.

Most health services will not be centralized; instead a management structure will be developed that reflects a single provincial Health Authority to co-ordinate and support delivery of services across the health system. One Health Authority that is focused on the integration and seamless delivery of health care services will improve our patient and resident experience. It will also reduce duplication and inconsistencies, resulting in greater administrative efficiencies and quality of service.

For those with loved ones living at Sunnyside and to all our staff, this announcement has caused uncertainty, but I anticipate a limited impact to Sunnyside. It is business as usual which allows us to continue focusing on the care of our residents. The work that we do has high value to the health system and I thank our families and staff for all you do every day to make life better for our residents.

Influenza Outbreak

Due to various flu outbreaks and other illnesses, the need for hospital services from the public has been very. Emergency rooms and hospital beds in Saskatoon are all at over capacity. At one point 12 nursing homes were experiencing an outbreak of some kind. Sunnyside had a short flu outbreak from Dec. 30 to Jan. 10. It was a tough situation with the outbreak starting just before the new year's long weekend. We had some staff scheduled off for the weekend and some fell ill themselves. Our staff did an incredible job in coping with this challenge. Plans

were cancelled, schedules were changed so we would have enough staff to care for our residents.

This week, the Province of Saskatchewan and the Government of Canada reached a 10-year, \$350 million agreement which includes new investments in home care and mental health. Community alternatives that are available 24 hours a day are key to addressing hospital capacity issues.

Provincial Budget

All public sector organizations have been asked by the Province to avoid increases to the total cost of employee compensation in 2017. Employee compensation represents 90% of our expenses at Sunnyside so this decision affects and challenges all of us. We will continue our commitment to excellent care and focus on our residents. We will come up with innovative ways to meet this challenge and do not anticipate any staff reductions.

Our Culture Change Journey

We are currently working on changing our Nursing and Care Aide staffing to consistent assignments. This is a major change designed to improve our care home environment by transforming traditional, institutional culture to one that is more home like, where residents are able to receive person-directed care according to their preferences. We believe consistent staffing assignment will foster strong and trusting relationships between staff, residents and family members. This will enhance the ability of our staff to better know our residents, their needs and preferences, and to provide care in a person-directed way. This change will take place in early February.

I am personally committed to making Sunnyside a better place to live and work despite the challenging times. We can be proud of our ability to continue providing good care and at the same time take steps to improve our care levels.

Randy Kurtz
Administrator



Work continues on the Multi Purpose Room



**Blues Society
presents Kelly Read
Thursday February
23!!**

Tierra Kurtz	Feb. 01
Erin Ollenber	Feb. 01
Sergie Pring	Feb. 03
Donna McWillie	Feb. 05
Thin Thin Kyi	Feb. 06
Arien Cartagina	Feb. 08
Kayla Jensen	Feb. 09
Teresita Santos	Feb. 11
Chioma Awolor	Feb. 14
Chandra Chamlagai	Feb. 15
Tomeika Clare-Cooke	Feb. 21
Helen Popowycz	Feb. 23
Maureen Mendoza	Feb. 27
Carol Yaremko	Feb. 29



Betty McIntosh	Feb. 04
Loralee Schreiner	Feb. 23
Sydney Hill	Feb. 24

White Chocolate Blueberry Lasagna

For the Crust:

- 36 Golden oreo cookie crumbs
- 6 TBSP butter

Cream Cheese Layer:

- 8oz Cream Cheese softened
- 1/2C. Salted butter softened
- 1C. Icing sugar
- 1 1/4C. Cool Whip
- 1 1/4C. Fresh or Frozen blueberries

Pudding Layer:

- 2 3.9oz pkgs of instant white chocolate pudding
- 3C. Cold milk
- 2oz. Freeze dried blueberries—powder (pulse blueberries in a food processor)

Topping:

- 1 1/2 cup Cool Whip
- White chocolate bar to make the curls or sprinkle with 1 1/2 c. white chocolate

Instructions:

In a food processor ground whole Oreo cookies with the filling to get fine crumbs. Combine Oreo crumbs with 6 TBSP melted butter and stir until evenly moistened. Press the mixture into the bottom of 9x13 inch dish. Set in the fridge while making the filling. In a bowl mix together cream cheese, 1/2 cup softened butter, powdered sugar, and beat well. Mix in 1 1/4 cup cool whip. Fold in blueberries. NOTE: If blueberries are frozen you must thaw them, rinse them, and dry them. Spread the mixture over the crust.

In a medium bowl combine white chocolate instant pudding with 3 cups cold milk. Whisk for a few minutes until the pudding starts to thicken, mix in freeze dried blueberry powder. Spread over cream cheese layer. Set in fridge to firm. Spread 1 1/2 cups cool whip on top. Top with white chocolate curls or sprinkle with white chocolate chips. Let set 3 –4 hr. before serving.



February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Remember When...10:00 Social Hour 2:00 Bingo 6:15 Norway Dancing 7:30	2 Coffee Talk 10:00 Cool Curling 2:00 Individual Programs 6:30	3 Fitness Fun 10:00 Movie 1:30	4 Pinehouse Dr. SDA Church Service 3:30 Movie Night 6:30
			5 Bethel Christian Reform Church 2:00	6 Sing Along 10:00 Individual Programs 2:00 Evening Stretches 6:30	7 Devotion 10:00 Bingo 2:00 Individual Programs 6:30	8 Remember When... 10:00 Social Hour 2:00 Bingo 6:30 Norway Dancing 7:30
			9 Coffee Talk 10:00 Catholic Mass 2:00 Individual Programs 6:30	10 Fitness Fun 10:00 Movie 1:30	11	
			12	13 Sing Along 10:00 Individual Programs 2:00 Evening Stretches 6:30	14 Devotion 10:00 Bingo 2:00 Supper Club 4:45 Individual Programs 6:30	15 Remember When...10:00 Birthday Party 2:00 Bingo 6:30 Norway Dancing 7:30
			16 Coffee Talk 10:00 Juca 2:00 Individual Programs 6:30	17 Fitness Fun 10:00 Movie 1:30	18 Mt. Royal SDA Church Service 3:30	
			19 Courts Of Praise Church Service 2:00	20 Family Day No Programs	21 Devotion 10:00 Bingo 2:00	22 Remember When... 10:00 Social Hour 2:00 Bingo 6:30 Norway Dancing 7:30
			23 Coffee Talk 10:00 Blues Fest 2:00	24 Pancake Breakfast 7:30—10 Movie 1:30	25 Sunnyside Service 3:30	
			26	27 Sing Along 10:00 Individual Programs 2:00 Evening Stretches 6:30	28 Devotion 10:00 Bingo 2:00 Individual Programs 6:30	 <p>Every Wednesday evening, 7:30pm Norwegian dancers practice in the program room.</p>

